

What is claimed is:

1. An athlete training device, comprising;

a first sensor pad for signaling when a first object has been removed from the first sensor pad;

5 a second sensor pad for signaling when an athlete's hand has been removed from the second sensor pad;

a third sensor for signaling when the athlete has made contact with a second object spaced apart from the second sensor pad,

a control device for receiving the signals from the first sensor pad, the second sensor pad 10 and the third sensor, the control device determining a first elapsed time as the time between when the first object has been removed from the first sensor pad and the athlete's hand has been removed from the second sensor pad, the control device further determining a second elapsed time as the time between when the athlete's hand has been removed from the second sensor pad and the athlete has made contact with the second object; the control device outputting a signal for 15 displaying the first elapsed time and the second elapsed time.

2. The athlete training device of claim 1, and further comprising a display for displaying the first elapsed time and the second elapsed time.

20 3. The athlete training device of claim 2, wherein each of the first sensor pad and the second sensor pad includes an electrical switch that moves between an open status and a closed status when the first object and the athlete's hand have been removed from the respective sensor pads.

4. The athlete training device of claim 3, wherein the third sensor is an inertial switch.
5. The athlete training device of claim 4, wherein at least one of the first and second sensor pads are connected to the control device by a line for signaling the control device.
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 6. The athlete training device of claim 5, and further comprising a fourth sensor for signaling to the control device an amount of force by which the athlete contacts the second object, the control device outputting a signal for displaying this contact force.
- 10 7. The athlete training device of claim 6, wherein the fourth sensor is an accelerometer.
8. The athlete training device of claim 7, and further comprising a mounting device for mounting the third sensor to the second object.
- 15 9. The athlete training device of claim 8, wherein the mounting device is a flexible hood constructed and arranged to mount to a blocking dummy.
10. The athlete training device of claim 9, wherein the third sensor, the control device and the display are mounted in a single case, the flexible hood including a windowed pocket for receiving the case.
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11. The athlete training device of claim 10, and further including a reset button for resetting the control device for anew measurement and clearing the display.

12. The athlete training device of claim 4, and further comprising a wireless signal receiver connected to the control device and wherein at least one of the sensor pads comprises a wireless signal transmitter for transmitting its respective output signal to the wireless signal receiver for providing the signal to the control device.

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13. The athlete training device of claim 3, wherein the third sensor is a pressure switch.

14. The athlete training device of claim 1, wherein the control device comprises a CPU.

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15. The athlete training device of claim 1, and further comprising a fourth sensor for signaling to the control device an amount of force by which the athlete contacts the second object, the control device outputting a signal for displaying this contact force.

15 16. The athlete training device of claim 1, and further comprising a mounting device for mounting the third sensor to the second object, the mounting device being a flexible hood constructed and arranged to mount to a blocking dummy.

17. The athlete training device of claim 16, wherein the third sensor, the control device and 20 the display are mounted in a single case, the flexible hood including a windowed pocket for receiving the case.

18. The athlete training device of claim 1, and further including a reset button for resetting the control device for anew measurement and clearing the display.

19. The athlete training device of claim 1, and further comprising a wireless signal receiver
5 connected to the control device and wherein at least one of the sensor pads comprises a wireless signal transmitter for transmitting its respective output signal to the wireless signal receiver for providing the signal to the control device.

20. The athlete training device of claim 1, wherein the third sensor is an inertial switch.

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